

# GLENWOOD 50+ CENTER

April, May, June 2022



**2400 Route 97  
Cooksville, MD. 21723  
(410) 313-5440**

**Center Email**  
glenwood50@  
howardcountymd.gov

**Monday - Friday**  
8:30 am - 4:30 pm

**50+Center Hotline**  
410-313-5400

**GO50+Hours**  
Mon - Sat: 7 am - 9 pm  
Sun: 9 am - 6 pm

**Newsletters Online**  
[https://  
www.howardcountymd.gov/  
glenwood-50-center](https://www.howardcountymd.gov/glenwood-50-center)

**Volunteer Website**  
[www.hocovolunteer.org](http://www.hocovolunteer.org)

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**Howard County**  
 **50+ CENTERS**  
Enrichment. Engagement. Connection. Growth.

Welcome, we are back to our quarterly newsletters, inside you will find programs and events through June. This will allow you to register for fitness class once every three months instead of monthly. It will also make it easier to plan out your schedule. We are excited to begin offering genealogy again. Dottie Aleshire will be back teaching her course monthly beginning in April.

We have a focus on wildlife this quarter, learn about frog and bird calls in April presented by Woody Merkle, then enjoy a presentation by Carrie Engle on gardening with our pollinator friends in mind. In June, Woody is back to teach us about butterflies found in Howard County and how to identify them. We are introducing an interactive BINGO Game celebrating Senior Health & Fitness Week which is May 23-27.

Drop in to your local Howard County 50+ Center to pick up a Health & Fitness BINGO card between May 9<sup>th</sup>-20<sup>th</sup>, begin marking your card on the 23<sup>rd</sup>. Prizes include small giveaways and raffle entry for a \$25 credit toward 50+ Center programming. Prize information included on the BINGO cards. Free to play, you must be a member of the 50+ Centers. As part of the game, Glenwood is offering a Dink & Demo event. On Tuesday, May 24<sup>th</sup> join us to demo various pickleball paddles and get a lesson on dinking.

We look forward to seeing you soon. As always, if you have ideas for programs or events, let the staff know! Regina - Cathy - Chris - Evan

**APRIL  
MAY  
JUNE**

# APRIL AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>Line Dancing</b> <b>I - Intermediate</b> <b>B - Beginners</b>  <b>Blue = Hybrid</b> <b>Red = Virtual</b>  <b>Password for Virtual Programs is New50+</b>		<b>1</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>4</b> 9 Basketball 9 Walking Group 10 Open Studio <b>11 History of Broadway</b> 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>5</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga <b>11 History &amp; Art</b> 12 Pickleball 12:45 Line Dancing <b>1 Spring Leaner Sign</b>	<b>6</b> 9 Basketball 9 Walking Group 10 Open Studio <b>10 Nutrition Consults</b> <b>10 Card Making</b> <b>10 iPad, iPhone</b> 11 Prime Time 12 Bridge	<b>7</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga <b>11 Tax Credit?</b> 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>8</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation <b>9:30 American History</b> 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>11</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>12</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>13</b> 9 Basketball 9 Walking Group 10 Open Studio <b>10 Genealogy Class</b> 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>14</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology <b>10 Caregiver 1v1</b> 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>15</b>  <b>CLOSED</b> <b>GOOD FRIDAY</b>  Good Friday
<b>18</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>19</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga <b>11 Bird &amp; Frog Calls</b> 12 Pickleball 12:45 Line Dancing	<b>20</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>21</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology <b>10 Care Talks</b> 10:15 Chair Yoga <b>11 AVAM Reveal</b> 12 Pickleball 12:30 Mahjong 12:30 Open Games <b>1 Book Club</b>	<b>22</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates <b>9:30 American History</b> 12 Pickleball 1 Flex, Stretch, Move
<b>25</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>26</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>27</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>28</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology <b>10 Carrie Engle Talk</b> 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>29</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates <b>9:30 American History</b> 12 Pickleball 1 Flex, Stretch, Move

# GENERAL INFORMATION

## 50+ Center Staff

### Regina Jenkins, Director

rjenkins@howardcountymd.gov  
410-313-5443

### Chris Ferraro, Registrar

cferraro@howardcountymd.gov  
410-313-5440

### Evan Larkin, Utility Worker

elarkin@howardcountymd.gov  
410-313-4836

### Cathy Burkett, Assistant Director

cburkett@howardcountymd.gov  
410-313-4832

## Membership Registration

Membership to Howard County 50+ Center is required to attend or register for any class, program or activity. It is free for those age 50+ who have completed an application packet. Regardless of where one registers, membership is valid at all Howard County 50+ Centers. Membership renewal may require a new form and completed waiver. Prior to on-line registration, please check with the Front Desk to assure that your membership is current.

**Please inform the Front Desk if there have been any changes to your address, phone number or your emergency contact information.**

## Glenwood 50+ Center Council

**President:** Laurel Gafke

**Vice President:** Bernadette Roussel

**Secretary:** Linda Deffinbaugh

**Treasurer:** Gary Gafke

### Members at Large:

Annette Dill	Bea Dane
Joel Goodman	Willie Hill
Toni Matthews	

## Sign-Up & Payment For Programs & Classes

Payments for programs and classes can be made via cash, credit card or a check made payable to Howard County Director of Finance. Online registration can be done via the ActiveNet website: <http://apm.activecommunities.com/howardcounty>. Account must be established prior to registering for class.

## Class Withdrawal Policy

We recognize that there are times when you may need to withdraw from a class. All refund requests are subject to a 20% administrative fee and there are no refunds for missed classes. Additional fees may be assessed to recover costs associated with the program.

## Newsletter

Would you like your newsletter delivered to your inbox? Just click link below:

[CONSTANT CONTACT SIGN UP](#)

## ADJUSTED HOURS OR CENTER CLOSURES

Friday, April 15 - Good Friday  
Monday, May 30 - Memorial Day  
Thursday, June 2 - Closing at 1 pm  
Monday, June 20 - Juneteenth

**NOTE:** Howard County Government does not endorse or recommend the products or services associated with programs held at Howard County 50+ Centers. Howard County Government is not responsible for the performance or non-performance of program sponsors.

# MAY AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> 9 Basketball 9 Walking Group <b>9 Waffle Bar</b> 10 Open Studio <b>10 Law Day</b> <b>10 "Age My Way" Fair</b> 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>3</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>4</b> 9 Basketball 9 Walking Group 10 Open Studio <b>10 Nutrition Consults</b> 11 Prime Time 12 Bridge	<b>5</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>6</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>9</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>10</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga <b>10 Card Making</b> <b>11 History of Broadway</b> 12 Pickleball 12:45 Line Dancing	<b>11</b> 9 Basketball 9 Walking Group 10 Open Studio <b>AVAM Mosaic Class</b> 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>12</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology <b>10 Caregiver 1v1</b> 10:15 Chair Yoga <b>11 Candlelight Concert - Guitarist</b> 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>13</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation <b>9:30 American History</b> 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>16</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>17</b> 9 Walking Group 9 Pinochle <b>10 iPhone, iPad</b> 12 Pickleball 12:45 Line Dancing	<b>18</b> 9 Basketball 9 Walking Group <b>10 Genealogy Class</b> 10 Open Studio <b>AVAM Mosaic Class</b> 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>19</b> 9 Walking Group 9 Reflexology <b>10 Care Talks</b> 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>20</b> 9 Basketball 9 Walking Group 9 Pinochle <b>9:30 American History</b> 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>23</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>24</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga <b>10 Dink &amp; Demo</b> <b>11 Art &amp; History</b> 12 Pickleball 12:45 Line Dancing	<b>25</b> 9 Basketball 9 Walking Group 10 Open Studio <b>AVAM Mosaic Class</b> 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>26</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology <b>10 Ask Map?</b> 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games <b>1 Book Club</b>	<b>27</b> 9 Basketball 9 Walking Group 9 Pinochle <b>9:30 American History</b> 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>30</b> <b>CLOSED</b> <b>MEMORIAL DAY</b> 	<b>31</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	4		

# JUNE AT A GLANCE CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>1</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge	<b>2</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>3</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>6</b> 9 Basketball 9 Walking Group 10 Open Studio <b>10 Ipad, iPhone</b> 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>7</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga <b>10 AARP Smart Driver</b> 12 Pickleball 12:45 Line Dancing	<b>8</b> 9 Basketball 9 Walking Group 10 Open Studio <b>10 Nutrition Consults</b> <b>10 Card Making</b> 11 Prime Time 12 Bridge	<b>9</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>10</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball 1 Flex, Stretch, Move
<b>13</b> 9 Basketball 9 Walking Group 10 Open Studio 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>14</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>15</b> 9 Basketball 9 Walking Group 10 Open Studio <b>10 CarFit</b> <b>10 Genealogy Class</b> 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>16</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology <b>10 Caregiver 1v1</b> 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>17</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates <b>11 Father's Day Event</b> 12 Pickleball
<b>20</b>  <b>CLOSED</b> <b>JUNTEENTH</b> 	<b>21</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga <b>11 Butterfly Program</b> 12 Pickleball 12:45 Line Dancing	<b>22</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>23</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games	<b>24</b> 9 Basketball 9 Walking Group 9 Pinochle 9 Yoga & Meditation 9:30 Pilates 12 Pickleball
<b>27</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dancing 1:30 Line Dancing	<b>28</b> 8:45 Hatha Yoga 9 Walking Group 9 Pinochle 9:45 Chair Yoga 12 Pickleball 12:45 Line Dancing	<b>29</b> 9 Basketball 9 Walking Group 10 Open Studio 11 Prime Time 12 Bridge 12:30 Line Dance B 1:30 Line Dance I	<b>30</b> 9 Walking Group 9 Hatha Yoga 9 Reflexology 10:15 Chair Yoga 12 Pickleball 12:30 Mahjong 12:30 Open Games <b>1 Book Club</b>	<b>Line Dancing</b> <b>I - Intermediate</b> <b>B - Beginners</b>  <b>Blue = Hybrid</b> <b>Red = Virtual</b>  <b>Password for Virtual Programs is New50+</b>



# ONGOING PROGRAMS

## **Open Studio: Arts & Crafts**

**Mondays, Wednesdays, 10 am - noon**

Are you working on any crafts at home? Painting, knitting, crocheting, jewelry making, or paper crafts. Come join us!

#A03523.601

## **Bridge-Open Play (Duplicate)**

**Mondays, 12:30 - 4 pm**

**Cost: \$1**

Fee will be collected weekly during play. #A03778.600

## **Billiards and Table Tennis**

Drop in and play. Pick up key game room at front desk.

**Monday - Friday 9 - 3 pm**

## **Walking Group**

**Monday - Friday 9 - 10 am**

Enjoy the company of others as you walk in a climate controlled area. 13 laps around the indoor track is one mile. 15 laps around the hallway loop is a mile.

## **Basketball**

**Mondays, Wednesdays, Fridays  
9 - 11 am**

For the over 50 athlete who enjoys some competition. Drop in play and rotation is organized by players.

## **Pinochle**

**Tuesdays, Fridays  
9 - 4 pm**

Pinochle is a classic two-player game developed in the United States, and it is one of the country's most popular games. #A03779.600

## **Care Talks**

**3rd Thursday at 10 am**

**April 21 / May 19 / June 16**

The Caregiver support program is hosting one on one in person meetings with caregivers offering information and resources to assist you in your journey. Please contact Earnestine Thomas, Caregiver Specialist at 410-313-5969 or [ethomas@howardcountymd.gov](mailto:ethomas@howardcountymd.gov) to schedule an appointment.

#A03722.700

## **Glenwood Book Club**

**April 21, 1 pm** *Memoirs of a Geisha*

**May 26, 1 pm** *American's First Daughter*

**June 30, 1 pm** *These is My Words, The Diary of Sarah Agnes Prine, 1881 - 1901*

## **Mahjong**

**Thursdays**

**12:30 - 4 pm**

Come play this tile based game that began in China. Typically played with four players.

#A03737.601

## **Open Games**

**Thursdays**

**12:30 - 4 pm**

This new group is just beginning. Bring your own games to introduce or join in to existing games. Open to all.

#A03757.601

## **Nutrition Consultation**

**2nd Wednesdays, 10 am**

**April 13 / May 11 / June 8**

Registered dietitian, Carmen Roberts is available to consult individually with members. Call the front desk to make an appointment.

#A03438.601

#A03438.600

## ONGOING PROGRAMS

### **Pickleball**

**Tuesdays and Thursdays 12 - 2:30 pm**

#### **Limited Enrollment**

Open play for adults 50+. Players rotate play using the paint stick method.

Participants can register for one or multiple dates in a given month.

Cost: \$2.50 per day

### **Pickleball Beginner Level**

**Fridays 12 - 2:30 pm**

#### **Limited Enrollment**

This program is for beginners. There will be a 30 minute orientation at 12 pm each Friday. No instruction. Registration and rotation same as Tuesdays and Thursdays.

Cost: \$2.50 per day.

### **Maryland Access Point**

**Thursdays**

Emily Leclercq, Resource Specialist with the Office on Aging and Independence, will be available by appointment. She can assist you in navigating aging services now and in the future. To make an appointment to meet with Emily in person at Glenwood please call her at 410-313-5917.

#A03705.601

### **Reflexology**

Thursdays, 9 am - 2 pm by appointment

Linda Deffinbaugh will be on site 1 day a week to provide reflexology services. Please call the front desk to make an appointment.

Cost: \$30 for 1/2 hour      \$60 for 1 hour

#A03704.601

## ADA ACCOMMODATIONS STATEMENT

To request this document in an alternate format, or to request an accommodation to participate in a program/event, contact the Center at 410-313-0380 at least two weeks prior to the event. People with a speech or hearing disability may contact us through Maryland Relay by dialing 7-1-1.

## APRIL EVENTS AND PROGRAMS

### **History of Broadway**

**Monday, April 4, 11 am**

Join Steve Friedman for his monthly presentation on all things Broadway. Each month focuses on another bit of Broadway. Enjoy lecture and performance. #A03700.700

### **DIY Spring Leaner Sign**

**Tuesday, April 5, 1 pm**

Come and get creative. Design and paint your own large wooden sign for the front porch or home.

Cost: \$25

#A03588.700

### **History & Arts: The Shaw Memorial**

**Tuesday, April 5, 11 am Hybrid**

The African-American soldiers of the Massachusetts 54th infantry stride confidently toward battle with their commander, Colonel Robert Shaw. What brought them together? How did brash New Yorker, Augustus Saint-Gaudens, come to create the sculpture? Why did it take 14 years to complete?

### **iPad, iPhone Workshop**

**Wednesday, April 6, 10 am**

Volunteer and center member, Mike, will provide you with the help you need with your Apple device. Great for anyone looking to master their Apple products.

Instructor: Mike Vecera

Cost: Free

#A03600.700

# APRIL & MAY EVENTS AND PROGRAMS

## **Card Making with Diane**

**Wednesday, April 6, 10 am**

Diane will provide inspiration and instruction on creating two beautiful card options.

Cost: \$10 #A03500.700

## **Tax Credit? Learn if you Qualify**

**Thursday, April 7, 11 am**

Join Emily and learn the ins and out and if you qualify for a property tax credit.

Instructor: Emily LeClerc  
#A03602.700

## **American History: George Washington's Old Northwest Indian War**

**Fridays, April 8, 22, 29, 9:30 am - 12 noon**

Roger will cover various topics including *Conflicting Aims*; *The Harmar and St. Clair campaigns*; "Mad" Anthony Wayne and *The Role of James Wilkinson of MD*.

Instructor: Roger Swartz  
Cost: \$20 #A03601.701

## **Genealogy: Using the 1950's Census**

**Friday, April 15, 10 am**

Released on April 1, 2022, Dottie will share why it's an important release.

Instructor: Dottie Aleshire  
#A03601.700

## **Native Maryland Bird and Frog Calls**

**Tuesday, April 19, 11 am**

It's Spring and that means the air is filled with calls and songs of the frogs and birds in our backyards and parks. Learn the calls of the 8 frogs and toads common to Howard County. We will also listen to calls and songs of some of the more common birds found here in the Spring.

Instructor: Woody Merkle  
#A03745.700

## **American Visionary Art Museum Mosaic**

**Reveal and Reception**

**Thursday, April 21, 11 am**

Join us for the big reveal of this collaborative piece titled "Seasons" and enjoy light refreshments. RSVP at the front desk.

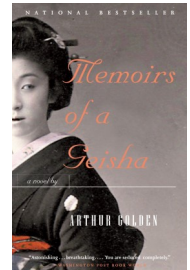
#A03721.700

## **Glenwood Book Club Hybrid**

**Thursday, April 21, 1 pm**

*Memoirs of a Geisha* by Arthur Golden. The book club meets every 6 weeks both virtually and in person.

#A03620.700



## **Gardening Talk with Carrie Engle**

**Thursday, April 28, 10 am**

Carrie will be visiting Glenwood from Valley View Farms to teach us about gardening for Monarchs and other pollinators.

#A03720.700

## **Waffle Bar and Law Day**

**Monday, May 2, 9 am**

Grab a waffle in the lobby then have your chance to meet with an attorney to prepare your advanced directive at no cost.

Individual appointments are 30 minutes and couples are 1 hour. Call 410.313.5440 to make an appointment.

## **"Age My Way" Fair**

**Monday, May 2, 10 am - 1 pm**

After waffles, join us in the lobby for information and presentations.

**Care Matters For You - 11 am**

#A03732.700



# MAY EVENTS AND PROGRAMS

## Card Making with Diane

**Tuesday, May 10, 10 am**

This month Diane has prepared a variety of beautiful cards for you to create.

Cost: \$10 #A03501.700

Instructor: Diane Cullum

## History of Broadway

**Tuesday, May 10, 11 am**

Join Steve Friedman who teaches us all about various parts of Broadway with history and performance.

Instructor: Steve Friedman

#A03700.701

## AVAM Mosaic Project

**Wednesdays, May 11, 18, 25, 10 am**

"The Currents That Carry Us"

is the theme for the latest mosaic project at Glenwood. Joe is an Instructor for the American Visionary Arts museum in Baltimore.

Cost: \$35 #A03721.701

Instructor: Joe Wall

## Candlelight Concert Presents:

**George Pleat, guitarist**

**Thursday, May 12, 11 am**

Come out and enjoy a morning of guitar music presented by the Candlelight Concert Series. George has been associated with the classical guitar for over 30 years.

#A03740.700

## American History:

**James Wilkinson of MD: Treasonable Acts**

**Fridays, May 13, 20, 27, 9:30 am - 12 noon**

This series includes the topics:

Background prior to Kentucky; Spanish Agent no. 13; Assassination attempt of his military commander in 1795; Aaron Burr's conspiracy and the 1813 trial in Frederick.

Cost: \$20 #A03601.702

Instructor: Roger Swartz

## iPhone, iPad Workshop

**Tuesday, May 17, 10 am**

Volunteer and center member, Mike, will provide you with the help you need with your Apple device. Great for anyone looking to master their Apple products.

Instructor: Mike Vecera

Cost: Free #A03730.701

## Genealogy

**What's New at the Family History Center**

**Wednesday, May 18, 10 am**

If you haven't been to the Family History Center recently, you're in for a real treat. No longer do you have to go to the library in Salt Lake City, it's now coming to you in the Family History Center.

Instructor: Dottie Aleshire

#A03603.700

## Dink & Demo

**Tuesday, May 24, 10 am**

Join us for a morning of demos of pickleball paddles and a lesson in dinking.

Register in advance

Cost: Free



## Art & History

**Tuesday, May 24, 11 am Hybrid**

Albert Bierstadt's:

*Among the Serra Nevada, California* is many things all at once. It is Bierstadt's personal expression of his joyful first sight of the Sierra Nevada and a scene he thoroughly invented. It's a majestic depiction of the natural beauty of the American West—and part of a brazen marketing scheme deployed by the showman/artist for his growing wealth and fame. It is a thoroughly American story.

Instructor: Paul Glenshaw

# MAY & JUNE EVENTS AND PROGRAMS

## Ask MAP?

**Thursday, May 26, 10 am**

Join Emily from our Maryland Access Point and ask your most pressing questions about services and resources in the county. #A03705.700

## Glenwood Book Club **Hybrid**

**Thursday, May 26, 1 pm**

*America's First Daughter* by Stephanie Dray is the book for May. The book club meets every 6 weeks and is virtual and in person. #A03640.700



## iPad & iPhone Workshop

**Monday, June 6, 10 am**

Volunteer and center member, Mike, will provide you with the help you need with your Apple device. Great for anyone looking to master their Apple products.

Instructor: Mike Vecera

Cost: Free #A03730.702

## AARP Smart Driver Program

**Tuesday, June 7, 10 am**

This 4 hour class given by AARP Includes a 30 minute lunch break. Please bring a bag lunch with you. Cost: \$20 AARP Members \$25 Non Member #A03745.701 Payable to AARP day of class

## Card Making with Diane

**Wednesday, June 8, 10 am**

Diane is sharing beautiful summer cards including ones that would be perfect for Father's Day.

Cost: \$10 #A03501.702

Instructor: Diane Cullum

## AARP Car Fit

**Wednesday, June 15, 10 am**

Come be fitted in your car. Get assistance with seat, mirror and other adjustments.

Cost: Free #A03746.701

Register by June 13

## Genealogy

**Wednesday, June 15, 10 am**

What is your worst genealogy problem? Every genealogist reaches a point in research where they need help finding the records or right ancestors they need. Bring your problem to class.

Instructor: Dottie Aleshire #A03605.701

## Father's Day Fun

**Friday, June 17, 11 am**

Join us for a meal and music. Enjoy the sounds of Orlando Phillips while feasting on a delicious lunch outdoors. Pre-registration is required.

Cost: \$14



#A03760.700

## Butterfly Program

**Tuesday, June 21, 11 am**

Summertime is butterfly time. This is an introduction to the more commonly found butterflies in Howard County and how to identify them. Also learn some things you can do to attract butterflies to your yard.

Instructor: Woody Merkle #A03749.701

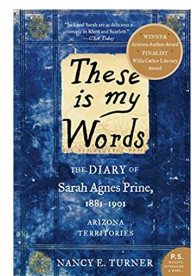
## Glenwood Book Club **Virtual**

**Thursday, June 30, 1 pm**

*These is My Words, The Diary of Sarah Agnes Prine, 1881 -1901* by Nancy Turner

Join the Glenwood bookclub.

The group meets every 6 weeks in person and hybrid. #A03627.700



## MARK YOUR CALENDAR

### **National Healthcare Decisions Day Saturday, April 16**

All Americans are encouraged to ensure that their future healthcare choices are known and protected. The observance reminds us that it is essential to make these decisions known, regardless of age or current health. Visit <https://speakeasyhoward.org> or download "Maryland Advance Directive: Planning for Future Health Care Decisions" at <https://bit.ly/2MYwr4z>. Completed directives can be uploaded to the SpeakEasy Howard website, or you can contact the Advanced Planning Coordinator at Howard County General Hospital at 443-518-6684 to have the document uploaded to your medical record.

### **World Elder Abuse Awareness Day Wednesday, June 15**

This serves as a call-to-action for individuals, organizations, and communities to bring attention to the issue of elder abuse, neglect, and exploitation. Please stay tuned for the June-2022 Project Safe/WEAAD shredding event coming soon! Visit [www.howardcountymd.gov/aging](http://www.howardcountymd.gov/aging) for more information.



## EXERCISE AND FITNESS

### **Prime Time**

**Mon/Wed 11 am** #A03478.700

**Cost: \$88 for 22 classes**

A class focusing on functional fitness for everyday living. Have fun getting fit and strong and improve your range of motion and balance. Tone your major muscle groups with both seated and standing exercises. Modifications are shown.

**Instructor: Marianne Larkin**

No class 5/30, 6/13, 6/15

### **Line Dancing Open Studio Beginners**

**Mondays, 12:30 - 1:30 pm** #A03400.609

**Line Dancing Open Studio Intermediate**

**Mondays, 1:30 - 2:30 pm** #A03400.608

**Cost: \$5 per month**

Open to all beginners to practice with others of the same skill level.



# EXERCISE AND FITNESS

## **Hatha Yoga**

**Tuesdays, 8:45 am** #A03449.700

**Cost: \$72 for 12 classes**

**Thursdays, 9 am** #A03450.700

**Cost: \$72 for 12 classes**

The practice of Hatha Yoga can help with greater flexibility and strength, as well as relaxation. This class includes slow paced stretching.

**Instructor: Mary Garratt**

**No class 5/17, 5/19**

## **Chair Yoga**

**Tuesdays, 9:45 am** #A03460.700

**Cost: \$72 for 12 classes**

**Thursdays, 10:15 am** #A03463.700

**Cost: \$72 for 12 classes**

Through creativity and modifications, everyone can do yoga with a chair. In this gentle/beginner's level class, yoga poses are done seated in a chair or standing using the chair as a prop for support and stability. Reap the benefits of greater flexibility, increased energy, improved memory and clarity, better concentration, and improved overall health.

**Instructor: Mary Garratt**

**No class 5/17, 5/19**

## **Line Dancing Open Studio Advanced**

**Tuesdays, 12:45 - 2:30 pm**

**Cost: \$5 per month** #A03400.607

This is open to all beyond beginners to practice with others of the same skill level.

## **Line Dancing Instruction Beginner**

**Wednesdays, 12:30 pm** #A03475.600

**Cost: \$54 for 9 weeks**

Dancing is great exercise and fun, learn the basics. Please wear leather soled shoes.

**Instructor: Sandy Garrish**

## **Line Dancing Instruction Intermediate**

**Wednesdays, 1:30 pm** #A03474.605

**Cost: \$54 for 9 weeks**

Expand your knowledge. Line dancing is one of the most fun dances you can do anywhere, and you do not need a partner!

**Instructor: Sandy Garrish**

## **Pilates**

**Fridays, 9:30 am** #A03431.700

**Cost: \$60 for 10 classes**

Pilates is an exercise program emphasizing core stability, balance, and abdominal strength. Based on 34 basic movements that are performed on a mat, it supports a healthy back and invigorates overall fitness. Open to all levels, modifications are available.

**Instructor: Bob McDowell**

## **Yoga & Meditation**

**Fridays, 9 - 10:15 am** #A03402.700

**\$80 for 10 classes**

Using yoga postures with mindful breathing, build strength and flexibility in this 75 minute class. End with a relaxing meditation to calm the mind and body.

**Instructor: Susan Kain**

**No class 5/20, 5/27**

## **Flex, Stretch and Move**

**Fridays, 1 pm** #A03428.700

**Cost: \$60 for 10 classes**

Improve flexibility, coordination, strength and balance. Focus on strengthening muscles and connective tissue as well as improving joint mobility. Class offers both seated and standing options.

**Instructor: Bev Ludwig**